WHAT’S YOUR SUPERPOWER?

A Discussion of Athletes and Coaches at Their Best
MY BACKGROUND

- Associate Head Coach
  - University of Virginia
- Coaching Since 2004
  - Germantown Academy, Mission Viejo, Univ. of Tennessee
- Honors
  - 2018 US Pan Pacific Championship Team Assistant Coach
  - 2015 & 2017 US World Univ. Games Head Coach
  - 2017 & 2018 US UANA Pan American Championship Head Coach
  - 6 -Time US National Team Coach
- Athlete Success
  - Primary Coach for 3 different US World Championship Silver medalists
  - Primary Coach for 3 US National Champions
I am not
- A psychologist
- Smarter than you (not by a longshot)
- Prepared to tell you what to do

My hope is to
- Spark a dialogue
- Provide perspective
- Allow for lateral connections
- Promote independent thought

PREFACE
Open ended topic
Mulled for months
I ask it all the time
Swimmers, coaches interviews, restaurants
What do you hang your hat on?
It’s important, honor it!
Answers from Athletes:
- Underwaters
- Finish
- Toughest
- Speed
- Bubble Rings
- Never lose

WHAT IS MY SUPERPOWER?
Answers from Coaches:
- Technician
- I make kids swim fast
- Expert Taperer (sp?)
- Enthusiastic
- Command Respect
- Make people laugh
- Run an organization

WHAT IS MY SUPER POWER?
Absolutely!

...but there's a catch

Think Bigger!

Think Forest!

Think Team!

ARE THEY CORRECT?
ELEMENTS OF SUPERPOWER

- Powerful
- Influential
- Scope
- Magnitude
How limited are we as athletes?
How limited are we as coaches?
What limits us?
What Superpowers make us unlimited?

WHAT “CAN’T” YOU DO?
THE POWER OF “I” AND “WE”

- Traps for Swimmers and Coaches
- Limiting
- Prevent support and resources
- Inhibit deeper connection
- Kryptonite
THE SWIMMERS TRAP

- Individual Sport
  - Inherent focus on the “me”
  - Possible to train alone
  - Solo on the blocks
  - Me vs. the competition
  - Train for individual events
  - Athletes trained specifically/individually
  - Individual goals
“My Swimmers”
- I am very very very guilty!
- I am magic mentality
- “It’s my team”
- “They perform because of me”
- Ego
- Performance stems from a huge web!
- It’s the that athletes make the teams!

THE COACH TRAP
EXAMPLE: A FIST
► Swimming is Team
► Performance is Team
► Happiness is Team
► Fun is Team
► Team is the center of success
► Team is ILLIMITABLE

LET’S DO THIS TOGETHER
OVERCOMING OBSTACLES BY TAPPING INTO SOMETHING BIG!
EXAMPLE: TEDDY SCHUBERT
TEAM PERFORMANCE AT ITS BEST

- Good swimmer
- Elite connection with team
- Team mission was personal mission
- Raced alone with his team
- Provided energy and drew energy
- Swam the ultimate “individual” race, as a member of a group.
  - 4:47 to 3:39
The “DeSorbo Effect”

- **Individual Goals**
  - Reflect team goals
  - Cyclecar

- **Clear Standards**
  - Enforced by team and staff

- **Mission**
  - Understood and discussed frequently

- **Excitement**
  - What we’re doing lights you up (Go switch)

- **Fun**
  - Hard work everyday but keep it light

- **Support**
  - Be yourself and learn

- **Communication**
  - Constant and fluid

**ELEMENTS OF OUR TEAM**
WHAT WE’RE LOOKING FOR

- Smiles
- Laughter
- Personalities
- Red Backs!
- Vocal Encouragement
- Questions
- A rowdy pool deck
- Confidence
- Perspective
- Support
- Selfless Individuals
- Conversations
An athletes’ ultimate superpower is BELIEF

- In the team, coach, teammates, process, goals and mission
- Belief unlocks limitless mental, physical, social and emotional possibilities

Kredich’s “3 Stages of Development

- Figure it out (learn)
- Master your environment (dominate)
- Bring others along (teach)

THE ATHLETES’ ROLE
The Coaches’ ultimate superpower is TRUST

- Build, grow and maintain trust from those we are responsible for
- Trust is fragile
- Takes work
- Relationships
- Selfless approach
- Demonstrating belief
- Unwavering support
- COMMUNICATION

THE COACHES’ ROLE
AN ENVIRONMENT OF TRUST & BELIEF

- Allows for athletes and coaches to be at their best
  - Transparent, positive, purpose driven
- Continual improvement
  - In all aspects of life
  - Spill over
- Atmosphere of safety, growth and understanding
  - Mistakes are encouraged
  - Honesty is essential
  - Expectations without invoking fear
- Belief and Trust extends to everyone
  - Reciprocal
  - Quiet your team skeptics
- Evolve together
  - Never stagnant
Success has many forms
There is a recipe for heightened performance
Look outside swimming and sport
We all have powers and gifts
They are heightened in a culture of Trust and Belief
As coaches, teachers, parents, leaders these are our ultimate superpowers.

WHAT IT MEANS
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THANK YOU